

Accepting The Person I'm Doing The Moral Inventory On/ Accepting What I Find In My Moral Inventory

4th Step - Lesson 1

“As an old timer in Alcoholics Anonymous used to say, over and over again, ‘You've got to accept it just as it is!’ He'd go on, saying that if the acceptance was real and true, the letting go would just happen. He'd point out we couldn't cheat by accepting it so it would change – the acceptance had to be absolute and total and then, he'd continue, ‘Of it's own action it will change.’ I've found he's often right; in fact, if it doesn't change I now figure I haven't really accepted it.” – powerfullyrecovered.com

“And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing or situation – some fact of my life – unacceptable to me, and I can find no serenity until I accept that person, place, thing or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing happens in God's world by mistake. Until I could accept my alcoholism I could not stay sober; unless I can accept life completely on life's terms, I cannot be happy.” – “Acceptance Was The Answer”, *Alcoholics Anonymous*

- God's acceptance of you is complete and unconditional. Is that different from the way you accept yourself?
- Read Romans 14:1-13. Paul talks about accepting anyone who is part of God's family through faith in Jesus, even if that person has some weaknesses that really bother you. What if you would apply that same acceptance to yourself?
- How is acceptance going to change the way you do your “searching and fearless moral inventory”?